

# Northland Masters 2026

## Sunday Winter Track Series

*Run-based and social  
Suitable for all abilities*

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Join us once a month over winter for a relaxed, inclusive session on the track. Whether you walk or run, these sessions are designed so everyone can take part. They're a great complement to harriers and off-road running—helping keep your track legs ticking over and ready for next summer's track season.

All sessions will start at 8.30 am on a Sunday to avoid clashing with football. Please plan to arrive between 8 - 8.15 to warm up and be ready to begin on time. Mark Lett will be your organiser.

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### 3 MAY

*Simple, steady, and social*

#### Run the straights, walk the bends

- Run/walk for 5 laps
  - Runners: steady run on the straights, easy walk on the bends
  - Walkers: brisk walk on the straights, easy walk on the bends
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### 31 MAY

*A bit of variety*

#### Slalom and agility

- Cones set up for a gentle slalom on the straight
  - Agility ladder set up in high jump area for hopscotch
  - 1 lap includes slalom section and hopscotch
  - Repeat for 5 rounds (keep it smooth and controlled rather than fast)
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### 21 JUNE

*Accuracy beats speed!*

#### Prediction run

- Complete 2 laps in a set time (no watches)
  - Closest to the target time wins, have a 5 min rest stop
  - Then second attempt aiming to be even more accurate
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### 26 JULY

*Work together*

#### Paired laps

- In pairs (mixed ability if possible)
  - Each person completes 1 lap before swapping
  - Continue alternating for 5 laps
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### 23 AUGUST

*Increasing distances*

#### The Staircase

- Starting at 60m then increase by 35m until 200m (60/95/130/165/200m)
  - Runners: steady run, easy walk back to next starting point
  - Walkers: brisk walk, easy walk back to next starting point
  - Followed by 1500m, walkers 800m if you prefer
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### 20 SEPTEMBER

*Steady and structured*

#### Clockwork laps

- Interval start: every 3 minutes
  - Runners: 1 full lap (~400m)
  - Walkers: shorter turnaround (~200–250m)
  - Reps: 5 or 6 depending on preference
  - Focus on consistency and rhythm, rather than speed
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**If you're looking for a friendly, low-pressure way to stay active, connected, and moving through the winter months, come along and give it a go!**

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